



THE CITY OF WICHITA

POLICE OFFICER PHYSICAL FITNESS TEST PACKET

To: Police Officer Applicant

The next step in the Police Officer application process is the Physical Fitness Test. Because this test will require strenuous physical exertion, you must see a licensed medical professional; physician, or chiropractor, or physician assistant, or nurse practitioner, to be examined, and receive approval to participate. You will not be allowed to take part in this test unless the individual whom signs the form is a practitioner whom is authorized to conduct a medical examination. Any medical examination needed will be at your expense.

If you have questions about the Physical Fitness Test, call the City's Human Resources Department (316) 268-4531, or the Law Enforcement Training Center, (316) 660-3810.

AUTHORIZATION

NAME OF APPLICANT _____

This is to certify that I am a licensed physician, or chiropractor, or physician assistant, or nurse practitioner, and I am familiar with the medical condition of the above person, and find that he/she is physically able to take part in a strenuous fitness test consisting of the exercises described in the attached information.

SIGNED _____
(Physician, or Chiropractor, or Physician Assistant, or Nurse Practitioner)

DATE _____

ACCIDENT WAIVER

WHEREAS, the City of Wichita, Kansas, has called for examinations to be held for the position of POLICE OFFICER; and

WHEREAS, I, _____, the undersigned,
residing in _____ County, State of _____, Zip _____

have presented to the City my signed application to participate in these examinations, and have been informed that as part of the examinations it will be necessary for me to demonstrate my strength, endurance and fitness in a series of scheduled tests, as described in the attached information:

NOW, THEREFORE, I, for myself, heirs, executors, administrator, or assigns, hereby waive any or all claims against the City of Wichita, or any member thereof, now or hereafter to accrue for, on account of, because of, any injury or damage that I may sustain because of, in connection with, or on account of this test, and do hereby release the City of Wichita or any member thereof from any and all liability or claim for damages for injury occurring as a result of my participation on these tests.

IN WITNESS WHEREOF, I have hereunto set my hand this _____
day of _____, 20_____.

Applicant Signature

CITY OF WICHITA POLICE OFFICER PHYSICAL FITNESS TEST

LOCATION: Wichita-Sedgwick County Law Enforcement Training Center,
2235 W. 37th St. North
Wichita, KS. 67204

In case of inclement weather, please call (316) 660-3810 to confirm that the testing is still scheduled.

TEST RESULTS

	<u>RESULT</u>	<u>PASS</u>	<u>FAIL</u>
I. Suspect Chase	_____	_____	_____
II. Body Drag	_____	_____	_____

CITY OF WICHITA

POLICE OFFICER PHYSICAL FITNESS TEST

INTRODUCTION:

This test is conducted at 0900 hrs on Wednesday mornings. Please do not call to schedule the test, just be at the Training Center a few minutes before 0900 hours and give this paperwork to the person at the counter. In case of inclement weather please call to determine if we are going to hold the test that day. This test is designed to evaluate your physical capacity to perform the duties of an entry-level Police Officer. The test will consist of two events. To the extent possible, these events have been structured to duplicate tasks actually performed by Police Officers.

CLOTHING:

To ensure you are able to do your best in all events, wear appropriate, comfortable, athletic clothing.

QUALIFYING SCORE:

To receive a qualifying score on the test, you must complete every event in the prescribed manner and within the time allowed. Failure to complete any single event as prescribed will result in a disqualifying score on the entire test.

I. BODY DRAG

Relation to duty: This event measures your ability to remove an incapacitated person from a hazardous area.

Description: The Rugged Ron mannequin is 5'9" tall and weighs 158 lbs. You must drag the mannequin a distance of 30 feet in 9 seconds or less.

Suggested Preparation: Exercises such as weight lifting, sprinting, pull-ups, and knee bends would be helpful. Simulating and practicing the exercise is recommended.

II. SUSPECT CHASE

Relation to duty: This event measures your overall physical condition and ability to pursue a suspect.

Description: Beginning at the starting line, when a signal is given, you will run the obstacle course. You will be required to:

- A. Scale and go over a 5' solid wood fence.
- B. Maneuver over a 3' solid wood fence.
- C. Climb through a window 4' above the ground.
- D. Total course is 160 yards.

A maximum time of 47 seconds will be permitted for this test.

Suggested Preparation: Exercises such as pull-ups, push-ups, squat thrusts, running and jumping are recommended.